

## Sideslip to straight run to sideslip

**Objective:** To go straight down the fall-line and be able to rotate both skis simultaneously in each direction until skis are perpendicular to the fall-line followed by a sideslip, and then rotate skis back into the fall-line without an excess loss of speed from the sideslip.

**Primary Skill:** Rotary

**Justification:** Upper body and lower body separation demonstrated by rotation of the skis while maintaining the upper body quiet in space is essential for efficient ski racing.

**Slope:** Intermediate groomed terrain with a consistent fall-line.

### Description:

- Skier starts in a straight run down the fall-line
- Skis are maintained at hip width throughout the drill
- After about 10 meters skier pivots both skis across the fall-line in one continuous motion
- Skier sideslips for 6 meters in a corridor down the fall-line
- The skis are then rotated back so they point down the fall-line for 6 meters followed by another 6 meter sideslip the opposite direction
- Drill is concluded after the fourth sideslip, with an edge set that is timed with a pole plant and holds a stopped position for 3 seconds

### Criteria for perfect execution:

- Skier stays within a ski width corridor without deviation from the fall-line through entire drill
- Skis are pivoted simultaneously
- Hip width stance in all phases of the drill
- Skier loses a minimal amount of speed during the sideslips
- Distinct straight run between sideslips
- Pole plant coincides with edge set at conclusion of drill

### Scoring:

Based on the description and criteria for perfect execution above, the skier will be judged on a scale from 0 to 10 where 10 is perfect demonstration of the skill and task and 0 is the inability to demonstrate the skill and task.

